



LOCKDOWN: PREVALENCE OF MENTAL ILLNESS DURING COVID-19 IN DHAKA, BANGLADESH

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Abstract

Mental and physical health has been smashed up due to SARS-2-CoV-19 across the world for about the last couple of years, which leads to producing mental stress and strain. Even though patients and healthcare staffs provide psychiatric treatment, the psychological health of the overall population often demands concern which causes psychosocial stressors, impacting both the spread of the disease and the incidence of emotional distress and psychological disorder. The study aimed to identify the psychological condition and demand as well as the coping process of the population of the capital city-Dhaka of Bangladesh. For collecting data with these categories, the online portals, like facebook vote, Google met, LinkedIn, were used for both male and female gender. Among the participants, 35% of people were depressed, in grief 4% people, 25% people were suffering from Anxiety, 13% people were facing Insomnia problems and 7% people were facing Trauma. Our survey also revealed that 21% sample acknowledged to open up the lockdown, on the other hand, 31% of people were consistently strongly agreed with the government decision. 34.8% of people spent their time during lockdown using Facebook, 26% on online classes, work from home were 14%, and the other 26% people were utilizing their lockdown time by watching YouTube and other social sites. This study puts together a towering contribution to developing an assessment of mental health profile during SARS-2-CoV-19 and lockdown in Dhaka.

Keywords: Lockdown, Coping, Pandemic, Conceivable, Emotional, psychologically, Quarantine

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I. Introduction

In December 2019, Wuhan, Hubei Province, China, announced an ongoing pneumonia outbreak linked to a novel coronavirus, extreme acute respiratory syndrome (SARS COV-2) [XI]. These infections spread through China and other countries across the world within a few months. The disease has been announced as the global Pandemic on March 11, 2020, by World Health Organization [XVIII].

Bangladesh is a middle-income country in South East Asia with natural beauty. Their economic growth has been quickly expanding. Over the last decade, there seems to be tremendous progress in many aspects of life, including female empowerment, the Education System, the Health sector, etc. The COVID-19 Pandemic, on the other hand, seems to have a significant impact on all other sectors of Bangladesh [V, IV]. Most of the people of Bangladesh are unfamiliar with the lockdown. That is why lockdown is affecting people's mental health as well as bringing many changes in social life [XIII]. Not only in social life, but also in the field of education. The lockdown of covid-19 has caused a lot of impact on the education sector in Bangladesh [IX]. Teachers and students in Bangladesh have not familiar with online education and do not get adequate training on the online education system. That is why it is feared that most of the students in the rural areas will drop out as the educational institutions have been closed for a long time [XVII]. Again, some reports have found that child marriage has increased significantly during the lockdown and increase almost 13% during Covid-19 [VIII].

During the lockdown, the population's psychological reactions play a critical role in shaping each unfolds of the sickness and also the prevalence of emotional distress and social disorder throughout and when its occurrence. The pandemic of COVID-19 and Lockdown has been linked to significant levels of psychiatric stress that, in many conditions, would meet the clinical relevance threshold. Mitigating COVID-19's adverse effects on mental health and is a global health concern.

As lockdown caught all business communities for quite a while people enduring a great deal on monetary problems. Many students can't pay their educational expenses easily [XII]. They apply for extraordinary waivers from their institutes. As the working spot is by and large off, people of middle-class families are being destitute of food sources and expectation for an answer from the government. In this case, such countless workers got jobless and they need to take off from their lease house [XIV]. The normal daily routine which was followed by general people is changed due to lockdown. These changes may be significant to clarify modifications on prosperity and wellbeing during the lockdown. Most people spending their time using social media, working from home. Many of them are getting bored as a result of staying at home for a long time, some are even committing suicide due to depression and longtime staying at home [XVI].

The period of Coronavirus is truly seeing an increment in a huge number of people are creating web addiction. Obviously utilizing the web isn't care for web dependence. So many of us are utilizing the web for a long time just to finish our work and study. In this state, numerous applications like zoom for a meeting, Google

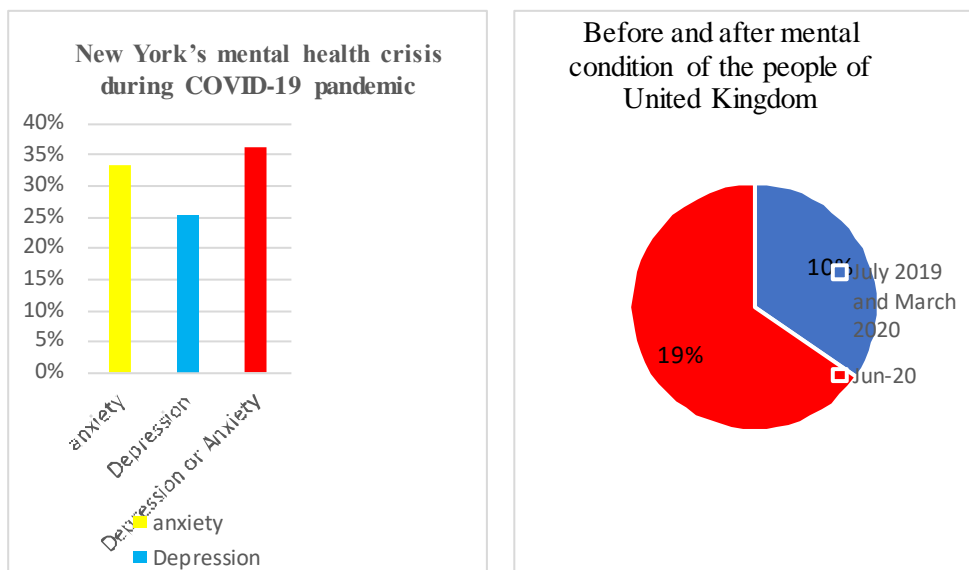
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Classroom for students, communicate with family members and adoring one Watts application and Facebook turned out to be so beneficial. Using applications that apparently are intended to assist us with associating other people watching motion pictures and show on YouTube and Netflix turned into a wellspring of powerful time passed.

Most people in Bangladesh have no fear of this deadly virus [VI]. Governments are asked to take severe measures and uphold rigid safeguards to help contain, as far as possible its spread, and lessening its resulting death rate. We should hold fast to irresistible control rules to help contain the illness and decline the number of individuals being hospitalized. Individuals presented to the infection and showing indications should go through polymerase chain response (PCR) test and, if positive, be segregated and treated [X]. On the off chance that the test turns out negative, it is encouraged to stay in home isolate for 14 days. Individuals who are presented with the infection yet don't show any manifestations should stay in the home isolate for 14 days. Individuals who show manifestations however have not been presented to the sickness hacking and wheezing manners), and try not to go out except if vital.

The natural characteristic of humans is to feel anxious and uncomfortable whenever the environment is changed. When it comes to like an epidemic, and the origin, evolution, and consequences are unknown, rumors quickly spread. When the SARS epidemic happened, we remember that fear levels increased significantly. For example, In Hong Kong, approximately 70% of citizens felt anxious about getting SARS outbreak and during the lockdown, and they assumed that they were much more likely to attack SARS than the cold or flu [VII]. A survey on mental health was conducted in New York, USA, where they analyzed the results and found that in October 2020, 33% of people in New York suffered from anxiety. 25% of people suffering from depression, and 36% of people suffered from depression or anxiety [XV]. Another study in the United Kingdom found that 10% of people there were depressed between July 2019 and March 2020. That percentage increased up to 19% in June 2020 [II]. Looking at these reports & survey, we can understand how covid-19 pandemic and lockdown has affected mental health.

Table.01. New York's mental health crisis. Table.02. U. K mental health crisis during Lockdown



People getting new experience to work from home during this lockdown and completed office works from staying at home. Moreover, many working people are earning money by doing freelancing work in their free time as their offices are closed during the lockdown. As a result, they are getting in touch with foreign buyers as well as learning about the international market. Which would not have been possible in normal times [III].

II. Materials and Methods

The show examines maybe a well-timed study completed by the various instructive organization of Bangladesh. The data was gathered from 5 November 2020 to 22 November 2020. Every single truth was gathered and took a record in google drive. Information was gathered by leading straightforwardly with Graduate and Non-Graduate understudies and look at their contemplations and acknowledgments.

1. Inclusion Criteria: People accepting form through the online cause of pandemic season.
2. Exclusion Criteria: Offline management.

Data were gathered from various instructive foundations understudies. 91% have a place from university, 8% from college, and 1% from school. Data are gathered from 300 responses by regular contribution form. They all together cut a recorded encounter sincerely and their reaction gives a total need to this examination. Data examination was finished using the quantifiable group for the social researchers' program. The individuals who are intellectually threatened, who are attempting to adapt to quiet disease, and who were lifted their hand mending themselves from their reasoning.

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The gathered data using through Microsoft Excel assumptions computer program. A basic quantifiable system (Bar Graph) was used to figure the data and finally imparted in rates.

For completing this online survey, we were grateful to the Department of Pharmacy, Daffodil International University, Dhaka, Bangladesh.

III. Results and Discussion

In the online survey study, we would discover 300(78%) of the study populace were accepted that they were really in a temporary state. Rest (22%) are accepted of no expectation in the current circumstance. Specifically, categorization, it was found that (21%) peoples acknowledged to open up lockdown, (31%) people are consistently strong on the government decision, people consider lockdown required for better condition and it was nearly (37%) of the total, however, the following one is (11%) those are thankful and positive on disengagement about spreading infection. The major mental impact on lockdown incorporates Depression 35% people, Grief 4% people, Anxiety 25% people, Insomnia 13% people, Trauma 7% individuals and Uncertainty 16% individuals. From this study, it was seen that these days the dominant part of individuals pick online exercises to adapt to circumstances. Counting 34% individuals occupied with Facebook, 26% individuals generally occupied with online class, 14% individuals complete work from home, and 26% individuals slipped by time with YouTube and Netflix show. The Results are shown underneath by figures 1, 2, and 3 individually.

Our studies also founded that 21% of people were against the Government's decision and want to open up lockdown where 31% of people were always supportive of Govt's decision and 37% of participants thought that Lockdown was needed for better condition. The other 11% of participants were grateful and positive attitude on lockdown.

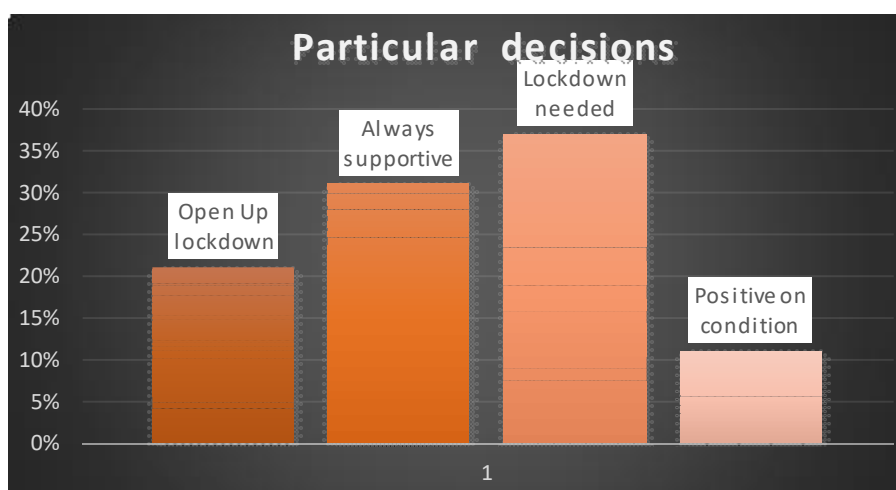


Fig1. Perception of people regarding in Government decision

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Our investigation reported that a large number (35%) of people facing depression, 4% of participants are facing Grief were 13% suffering from Insomnia. Secondly, 25% of participants are facing Anxiety and 16% Uncertainty.

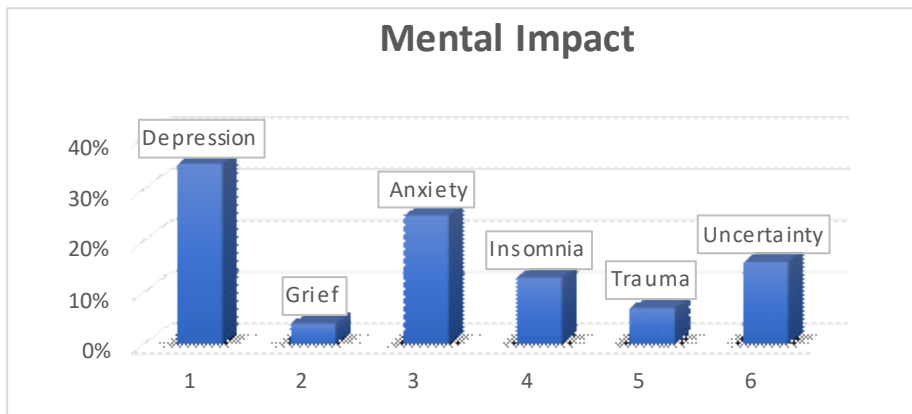


Fig 2. Remarkable mental impact on lockdown

Our survey was found that most of the people have changed their normal lifestyle during the lockdown and most of them spending their lockdown time using different social media. Firstly, 34% of people were spending their time using Facebook where 26% were watching movies on YouTube and Netflix. Secondly, 26% of participants had used their lock downtime with online classes and 14% of participants had worked from home.

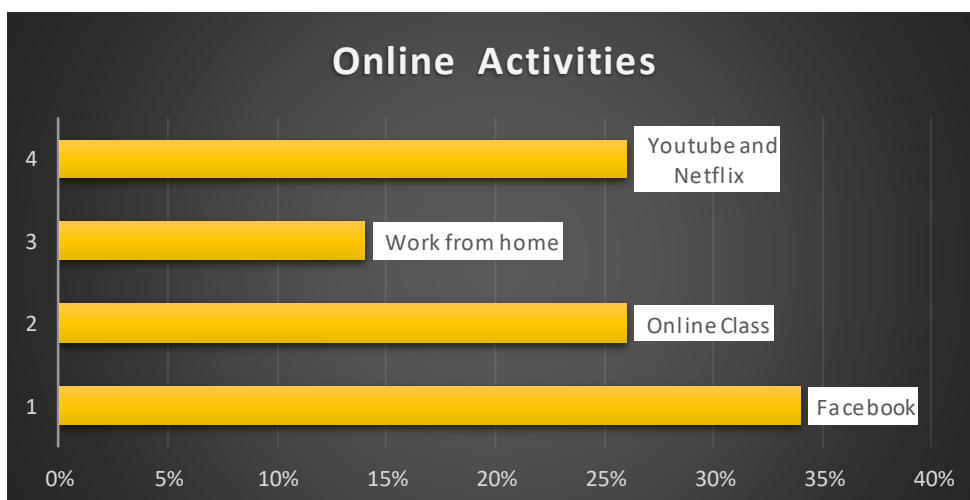


Fig 3. Engaging in lifestyle changes and online activities

IV. Conclusion

During the period of global lockdown, this survey has been performed, and our main focus is on mental health impact during the covid-19 lockdown. In our review, we could not reach the children and were unable to involve all classes of participants. Due to the short period and the only use of the electronic medium for this survey, there was a chance that investigations of children and adolescents may be missed. We suggest professionals can ensure longer survey time and involve people of all professions, in the future.

Conflicts of Interest:

The authors declare that they have no conflicts of interest regarding the paper.

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